Ottawa metro

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metroNEWS

Your essential daily news | WEDNESDAY, SEPTEMBER 14, 2016

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Councillors play farmers for a day to help city's most needy

metroNEWS

'Sexist' game on campus investigated

GATINEAU

Idea to give students points for bra photos, sexual conduct

Emma Jackson
Metro | Ottawa

The director of Gatineau's Université du Québec en Outaouais says he won't stand for sexual harassment on his campus after a highly sexual game sparked an angry backlash last week.

As part of Les Jeux de la Communication, an annual competition between francophone universities, the UQO's team leaders circulated a list of tasks — called the 12 Labours of Hercules — that awarded points for things like kissing a girl, snapping a photo of an exposed bra and taking part in a wet T-shirt contest.

The game was widely condemned on social media as perpetuating rape culture on campus. The event's three leaders have since stepped down.

University director Denis Harrisson has launched an investigation into the students' conduct, which could mean even heavier consequences for the game's creators. "Management at UQO does not tolerate sexist conduct, nor discrimination or sexual harassment," Harrisson said in a statement. "Sexual harassment in its various manifestations is unacceptable. This commitment on our part must be shared by teachers, students, staff of the university and by the associations and unions, because we are all concerned by this."

The university is part of a broader sexual harassment campaign called Sans Oui, C'est Non, which launched earlier this year. The school will host several public awareness events this fall.

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Your essential daily news

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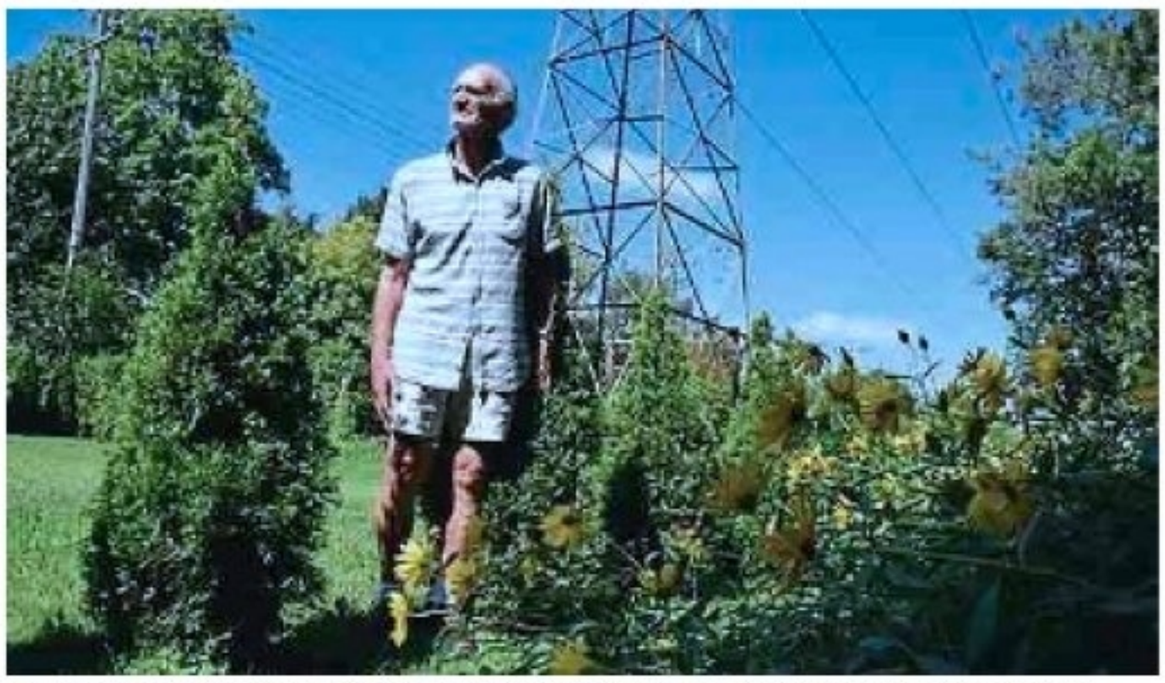
Hydro One to 'modify' approach

RIVERVIEW PARK

Local worries spur change of course for energy provider



Riverview Park resident Geoff Radnor worries he will lose his flower bed and cedars that are growing in Hydro One's right-of-way transmission corridor. The utility company plans to upgrade its line from Balena Park to Overbrook next year. ERIN MCCRACKEN/METROLAND MEDIA

Geoff Radnor walks through dappled sunlight beneath a canopy of trees in his backyard before emerging into full sun.

He scans the lush landscape there. A large patch of yellow flowers in full bloom and the rich green of a dozen waist-high cedars mark out a part of his backyard that actually isn't his, but is, in fact, Hydro One's territory.

Across the expansive freshly mown grass of the electricity company's right-of-way, Radnor's gaze falls on full-grown trees, more hedgerows and well-tended gardens bursting with a bounty of fresh produce — all situated under hydro towers.

"Those tomato plants and those squash? That's an encroachment," said Radnor, who has lived in his Riverview Park home on Caverley Street for the past 40 years.

"See that tree there?" adds his neighbour Brian Golden, whose home also backs onto the right-of-way from Chomley Crescent. "That's gone."

A few backyards away, Beverley-Anne Bayne emerges from the home she has lived in since 1957. Her 25-year-old perennial garden at the back of her property is also on Hydro land, as is a long hedge that Hydro One employees planted for her nine years ago.

> "I couldn't believe it because the vista from my house is certainly beautiful. Beverley-Anne Bayne

Hydro One notified residents by letter in June and during subsequent home visits that the "encroachment" gardens, shrubs, lawn furniture and barbecues must be removed by March 31, 2017, before work begins next spring to upgrade a two-kilometre transmission line from Balena Park to the Overbrook transformer station on Coventry Road.

"While Hydro One has allowed encroachments to exist on the corridor over the years, going forward, unauthorized plantings, structures or other items will not be permitted on the corridor," the company states. "It is important that the corridor remains free and clear of encroachments for ongoing maintenance, or any emergency repairs that may be needed on this important electrical facility."

That means Bayne must find someone to help her move her garden. Her hedge will likely be a total loss because it's well-rooted.

"I couldn't believe it because the vista from my house is certainly beautiful," she said. "It was a shock."

The trio and dozens of their neighbours are now lobbying to save at least some of the green space they have tended for years beneath the hydro towers.

Fresh into their public appeals it appears Hydro One may be softening its original plan.

"In response to the feedback that we received, we are willing to modify our approach," said Nancy Clark, Hydro One spokeswoman. "We want to be able to reduce the impact of our proposed project."

ERIN MCCRACKEN/METROLAND MEDIA

ENERGY

Harmonize the city's electricity rates, says councillor

Evelyn Harford
For Metro | Ottawa

Osgoode ward Coun. George Darouze says the Ontario Liberal government's promise to reduce hydro bills by eight per cent doesn't do enough to close the gap between what Ottawa's urban and rural residents pay for their electricity.

Darouze — who wrote a pointed letter on Monday to Premier Kathleen Wynne — says rural residents of Ottawa who are on Hydro One pay on average 30 per cent more for their electricity than Hydro Ottawa customers.

"The 8 per cent doesn't close the 30 per cent gap," Darouze said. "It's a band aid solution.

"Every (rural) resident, they open their hydro bill and are yelling and screaming."

For Darouze, it's personal. As a Hydro One customer himself, he's known around his house as the "hydro police." He said he gets his kids to turn the lights off whenever they leave the room to avoid unnecessary costs.

The councillor's goal is to get Hydro One rates — paid by rural Ottawans — harmonized with the rates paid by those who are on Hydro Ottawa.

"We don't all have the same rates," he said. "It's been an ongoing issue."

The city tried to seriously tackle the hydro rate discrepancy about a year and a half ago, when the city tried to buy the areas served by Hydro One and bring them under the umbrella of Hydro Ottawa. But Darouze said the city couldn't afford it.

"It's nuts to think 50 yards north of you the delivery charges are significantly less," said Osgoode ward resident Ruaidh McIntyre. "We should all be the same."

Coun. George Darouze
EVELYN HARFORD/FOR METRO

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Children's hospital is looking for support from community

FUNDRAISER

Officials hope Dream Home lottery sells out for third year

Jordan Yolkowskie and Sarah Patterson know the importance of home and family.

Standing in the living room of the new Minto Dream Home on Sept. 12, the couple, from Lombardy, Ont. near Smiths Falls, held a photo of their eight-month-old daughter Everley, who is currently receiving life-saving care at CHEO.

"We've spent a total of 210 days at CHEO," said Patterson.

Their daughter was born with a rare genetic condition known as congenital central hypoventilation syndrome, which affects just 1,000 people worldwide.

"She essentially stops breathing when she's sleeping," Patterson said of her first born, who also suffers from a seizure disorder.

"It's a struggle every day with her," Yolkowskie said of Everley, who had to be resuscitated 17 times in a single day two weeks ago.

"We really are dealing with life and death every day with her," said Patterson.

Their family's experience is why the community's support is needed to help fund the work that CHEO's medical team is doing to save the lives of thousands of children every year.

For that reason, officials are hoping tickets for the CHEO Foundation's 26th annual Dream of a Lifetime Lottery will be sold out by the Dec. 9 deadline for the third straight year.

The grand prize package, which includes the Minto Dream Home at 540 Bridgeport Ave. in Manotick, is worth $1.65 million.

Jordan Yolkowskie and Sarah Patterson, of Lombardy, Ont. near Smiths Falls, hold a photo of their eight-month-old daughter and CHEO patient Everley as they pose in this year's CHEO Dream Home in Manotick during the launch of the hospital's annual lottery fundraiser on Monday. ERIN MCCRACKEN/METROLAND MEDIA

"I think if you have a party here, you'll have a hard time getting your friends to leave," said Brent Strachan, senior vice-president at Minto Communities, which has been partnering to build CHEO Dream Homes for the past 17 years.

This year's Okanagan model home is more than 4,000 square feet, made extra special with 10-foot-high ceilings, a modern contemporary design and a curved staircase.

"We all help grow strong and healthy kids — it's something that connects us all to the community," Strachan said.

> **We're comforted knowing that it's there.**
> Brent Strachan, on the children's hospital

"For those of us who have used CHEO we are very grateful that it's there. For those of us who haven't used CHEO, we're comforted knowing that it is there."

In addition to the new house, the Dream Home grand prize also comes with $100,000 in cash, a 2017 Infinity car (or $47,000 in cash), house cleaning for a year and $5,000 in groceries.

Tickets are $100 each or three for $250 for a chance to win one of more than 5,000 prizes.

Those purchased by midnight Nov. 18 are also entered for a chance to win an early bird prize package.

Tickets for the 50/50 cash draw, which last year netted the winner more than $544,000, are available for $10 each, five for $25 or 15 for $50.

The lifeline the community provides by financially supporting CHEO means everything to little Everley's parents.

"Well, 210 days — CHEO has been around us more than our family has," said Patterson. "They don't just treat Everley — they treat Jordan and I as well, and they've really given us an opportunity to have a life with Everley. They've saved her life.

"She has the potential of having a bright, beautiful future because of CHEO."

ERIN MCCRACKEN/METROLAND MEDIA

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CONSTRUCTION

Dad wants tougher penalties after son killed on work site

Evelyn Harford
For Metro | Ottawa

Christian Bruneau, the father of Olivier Bruneau, who died when a chunk of ice fell on him at a Little Italy construction site in March, has started a petition calling for stiffer penalties for construction companies that don't follow safety guidelines.

The maximum fine for a company when a worker dies on the job is $250,000 — a figure Bruneau says is too low.

Bruneau said 1,000 workers die from work-related accidents in Canada, but criminal negligence charges are only laid in 0.1 per cent of cases.

"That's roughly 20 families a year who have to go through what we're going through right now," he said. "Somebody has to be accountable."

Bruneau's petition has only been up for three days had has gathered over 700 signatures.

He hopes this petition will get the attention of the Justice Department, who he is calling on to increase the rate of Criminal Negligence charges in work-related accidents causing death, provide investigators and Crown attorneys with the training, tools and experts needed to fully enforce the Criminal Negligence Act and to adopt a zero tolerance policy when it comes to worker safety by firmly enforcing the Labour Safety Act and the Criminal Negligence Act.

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Because dating is hard

COMMUNITY

New singles group forms to make friends in south Ottawa

Singles in south Ottawa looking to broaden their social horizons now have a new way to do exactly that.

A group of Findlay Creek residents, and other south Ottawa residents, will be meeting for the first time at the end of this month to share a meal and likely a laugh.

Two women are the driving force behind Single in South Ottawa: Barbara D'Amico and Kristy Donnelly, who are both new to Findlay Creek and are newly single again.

"I figured I couldn't be the only single person in Findlay Creek," said Donnelly.

Many of her friends are in relationships, and she discovered her relationship with them changed somewhat.

So, to expand her own social circle, she tested the waters for a group to give people another way to get out and meet people in a similar situation, and potentially make new friends.

Donnelly put the idea out on a 'Being Neighbourly' Facebook group page for Findlay Creek, Riverside South and Greely residents about a month ago and the feedback was positive. Through that she connected with D'Amico and they've been in brainstorming mode ever since.

It's not a dating service, but rather an opportunity to meet locals who want to do things together — whether it's social outings or recreational activities.

"Being new to the area I don't know a lot of people yet," said Donnelly, who relocated to the southern suburb in April. D'Amico moved there in February.

The group is for single men and women of all sexualities between 30 and 50, whether they have kids of not.

It's not limited to Findlay Creek residents. Those living in Blossom Park, Riverside South and other south-end communities in Ottawa, such as Greely and Manotick, are also welcome.

The Findlay Creek co-organizers are also looking at doing family-friendly activities in the future.

The inaugural Single in South Ottawa gathering takes place in Findlay Creek the evening of Sept. 29.

For event details, join the Single in South Ottawa Facebook group at facebook.com/singleinsouthottawa

ERIN MCCRACKEN/METROLAND MEDIA

Findlay Creek residents Barbara D'Amico, left, and Kristy Donnelly have organized a Singles in South Ottawa social group. ERIN MCCRACKEN / METROLAND MEDIA

> **I couldn't be the only single person in Findlay Creek.**
> Kristy Donnelly

ROBBERY

Suspects caught, charged

Police say a man and a woman were walking through the park near Sandy Hill Community Centre at 10:30 p.m. when another man and woman approached them. They say a man pointed a gun at the victims and took their phones and fled.

Following up on a tip, police found both suspects in the Wiggins Private area and seized a pellet gun. Ashley Meneses-Lopes, 25, and Yassin Samatar, 30, both of Ottawa, are charged with:

- Two counts of robbery with an offensive weapon;
- Conspiracy;
- Possession of a weapon dangerous to the public; and pointing a firearm.

Samatar is also charged with:

- Carrying a concealed weapon;
- Possession of a firearm while prohibited; and
- Breach of Recognizance.

Meneses-Lopes is also charged with:

- Possession of a Schedule I substance; and two counts of breach of recognizance.

METRO

PUBLIC HEALTH

Ottawa needs at least two supervised injection sites: Expert

Evelyn Harford
For Metro | Ottawa

Ottawa should aim to have two or three supervised injection sites in locations most likely to be used by drug users, said Ahmed M. Bayoumi, a researcher and physician at St. Michael's Hospital in Toronto.

Bayoumi,helped conduct a recent study on the cost-effectiveness of supervised injection sites in Toronto and Ottawa. They found that the optimal number for Ottawa was two.

But with overdoses on the rise in Ottawa, Bayoumi said the study might have underestimated that number.

While one supervised injection site would be cost-effective, Bayoumi said, it wouldn't provide the maximum benefits to drug users themselves.

Rob Boyd, Oasis program director at the Sandy Hill Community Health Centre, says a larger number of smaller sites would be more beneficial.

"We've been living with a serious opiate use epidemic, for the past 20 years, but the stakes have been raised by the powered bootleg fentanyl," said Boyd, who is a front-line worker with drug users.

The city's concentrated drug use helps when it comes to picking locations for the supervised injection sites.

Four community health centres in Ottawa are looking at offering supervised injection services to drug addicts, according to the Campaign for Safer Consumption Sites in Ottawa.

The Sandy Hill Community Health Centre, at its Nelson Street location, could be the first.

Boyd said the centre would apply for a federal exemption through Health Canada so that it can open a supervised injection site this fall.

City councillors picked pounds of potatoes for the food bank Tuesday. EMMA JACKSON/METRO

No small potatoes as council digs in

NUTRITION

Food Bank in focus during hectic Harvest for the Hungry

Emma Jackson
Metro | Ottawa

There were many hands at the Black Family Farm Tuesday afternoon, but it was hardly light work.

Under a beating sun, city councillors and their staff gathered at the farm near Goulbourn to harvest crates upon crates of red and yellow potatoes, all in support of the Ottawa Food Bank.

The family farm donates land to the food bank each year, which staff use to grow 17 different crops.

Potatoes are a big chunk of that: of the five acres planted this summer, one was dedicated entirely to the tasty taters, according to program co-ordinator Jason Gray.

The farm is a major part of the food bank's fresh food supply: last year it yielded 101,700 pounds of fresh produce, including 21,000 pounds of potatoes, 7,000 pounds of zucchini and 3,800 pounds of carrots. That accounts for about 60 per cent of its total fresh produce supply.

Gray said access to fresh vegetables is vital for vulnerable residents who can't afford to buy pricey produce in the grocery store.

But without more volunteers, his team can only do so much. The food bank currently only uses seven of the 12 acres set aside for them.

> **It's a fun way to contribute. It just adds a whole new dimension to what people can cook.**
> Coun. Keith Egli

"Really it comes down to labour," Gray said. "We hope to continuously increase, but it would really depend on that volunteer component."

Enter Keith Egli.

The Knoxdale-Merivale councillor visited the farm this spring and decided to bring his council colleagues along this fall to help out.

On what was likely one of summer's final hot and humid days, Egli joined councillors Scott Moffatt, Mark Taylor and Jody Mitic in the field to gather spuds churned up by Gray's passing tractor.

"For me it's a fun way to contribute," said Egli.

He hopes the event — dubbed Harvest for the Hungry — will raise awareness that the farm usually needs between 10 and 15 volunteers a day to keep fresh produce in the hands of the city's most vulnerable residents.

"It just adds a whole new dimension to what people can eat and cook with," Egli said.

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MUNICIPAL MATTERS

City budget shirking social service spending, study finds

Emma Jackson
Metro | Ottawa

Ottawa's community advocates have long said social service spending is lacking, but now they've got data to prove it.

A new study from Carleton University researcher Steve Pomeroy has found the city's annual budget for things like police and parks has increased over the past five years, while social services spending has dropped.

Per capita, taxpayers contributed about $200 to community and social services in 2016, compared to $222 in 2012, the study found.

And funding as a share of the total budget dropped to 13 per cent in 2016 from 15.8 per cent in 2012.

Cameron MacLeod, co-chair of the Coalition for Community Health and Research Centres, commissioned the research from Carleton's Centre for Urban Research and Education to back up what his colleagues have long suspected.

"We've seen a gap between the need and our ability to deliver," said MacLeod.

City-funded agencies do get a 1.5 per cent operational boost each year, in line with inflation. But it's not enough, he said.

A survey of the city's social service agencies found demand has increased between 17 and 300 per cent for most organizations, for everything from food security to mental health services to housing assistance.

"And the acuity of their needs is higher," MacLeod said. "There's a little more desperation."

That's particularly true this year, as the city welcomed 1,500 Syrian refugees but agencies received no extra funding to serve them.

$200

Amount contributed per capita by taxpayers for community and social services in 2016.

MacLeod hopes the new study will give advocates more clout heading into budget season.

"It provides us with evidence that something needs to be done," he said.

He'd like to see $500,000 to relieve service pressures, a long-term funding plan, and support for a low-income transit pass.

He also wants councillors to consider raising taxes above the self-imposed two-per cent cap.

Even an extra one per cent would add $14 million to the city's coffers, while costing taxpayers an average of $36 a year, he said.

Mayor Jim Watson said through his spokesperson that the city has invested "record amounts" in housing and homelessness programs in recent years.

Spokesperson Livia Belcea added the city's social strategy "includes keeping property taxes affordable in order to avoid pushing City of Ottawa residents into poverty."

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Members of the Hells Angels stand outside the Nomads compound before the group's Canada Run event on July 22, in Carlsbad Springs, near Ottawa. JUSTIN TANG/THE CANADIAN PRESS

Hells Angels nix top Ottawa chapter

Nomads are elite bikers who require little direction

The Hells Angels have shut down their elite Nomads chapter outside Ottawa, just a month after hosting a national gathering of more than 500 outlaw bikers.

Neither the bikers nor the police are saying why there is no longer a Nomads chapter (also known as a charter) on Piperville Rd. off Hwy. 417, just a 15-minute drive from downtown Ottawa.

"It's closed," Det.-Staff Sgt. Len Isnor, head of the provincial biker enforcement unit, said on Tuesday. "There is no Nomads chapter."

The Nomads are considered an elite group of bikers who require little direction.

There were about a dozen of them in Ontario.

About 60 members across Canada are in custody or are restricted from associating with outlaw bikers because of bail or parole conditions. Many of the charges against them relate to drug trafficking and violence.

The Nomads' shutdown is an abrupt change of direction for the chapter, which first popped up in Ontario when the Hells Angels expanded into Ontario in 2000-2001.

They had the honour of hosting a national gathering, or Canada Run, July 21-24 to mark the club's 15th anniversary in Ontario.

The Nomads charter was nixed on Aug. 28.

One biker source said the Canada Run was considered dull and a dud, but Isnor said that it could be considered successful, as it drew together more than 500 outlaw bikers.

Bikers were seen taking a giant cake into the compound and taking selfies on Parliament Hill.

The 0.92-acre, gated compound where the Nomads met remains the home base for four chapters of the Red Devils, considered a junior club affiliated to the Hells Angels.

More than 30 Red Devils still meet there, Isnor said.

The status of the former Ontario Nomads is unclear as none of them has appeared as members of existing charters of the Hells Angels, Isnor said.

"They haven't landed anywhere yet," Isnor said.

"Right now, it's a very confusing organization," Isnor said.

There has been plenty of turmoil at the Ottawa-area clubhouse recently.

Nomads' vice-president Phil Boudreault survived a murder attempt in April after he was shot while riding his motorcycle near Lachute, Que.

At least one gunman opened fire from a vehicle that pulled alongside him. A source said that Boudreault shielded his girlfriend, who was also on the motorcycle.

Boudreault, a former Olympic boxer, was one of the Ottawa Nomads who wore a distinctive bright red, bullet-proof Kevlar vest.

Former Ontario Nomads president Paul Porter has quit the club and moved home to Montreal. He was paroled in 2014 after serving time for cocaine trafficking.

TORSTAR NEWS SERVICE

450

Number of Hells Angels members across Canada.

175

Number of Ontario Hells Angels members.

60

Number of members in custody or are restricted from associating with outlaw bikers.

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GLOBAL CITIZEN

Fibe | Bell

Global Fund gives hope to Zimbabwe activist

MONTREAL

Loyce Maturu leads charge in fighting AIDS, tuberculosis

Loyce Maturu sat in the darkened railway committee room of the Parliament Buildings on Tuesday watching a video of two fellow African activists — a Kenyan mother and daughter — playing for a reception of several dozen invited guests.

Maturu, of Zimbabwe, outlived her own mother, who succumbed to AIDS and tuberculosis along with Maturu's sole sibling, a brother who only made it to his sixth birthday.

"It really makes me feel that had the Global Fund been in Zimbabwe earlier, my mother and my younger brother would be alive today and I wouldn't have gone through many challenges," Maturu said.

The 24-year-old woman persevered and was in Ottawa in full activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund to Fight AIDS, Tuberculosis and Malaria.

Prime Minister Justin Trudeau will lead an international cast of politicians, philanthropists and celebrities, including UN Secretary General Ban Ki-moon, Bill and Melinda Gates and the Irish rock star and activist Bono in an attempt to raise $13 billion to carry the fund through its next three years.

Canada already committed $785 million earlier this spring, when Trudeau announced he would host the conference.

The conference will come days before Trudeau travels to New York, to attend the annual UN General Assembly meeting. He is expected to give his maiden address to the world body.

Trudeau's office says he will be pushing an agenda of "diversity, human rights, the need for gender equality," aimed at furthering the, 2030 Sustainable Development Goals.

THE CANADIAN PRESS

Loyce Maturu was in activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund. ADRIAN WYLD/THE CANADIAN PRESS

TORONTO

Doug Ford to promote new 'Ford Nation' book

A new book about Rob Ford and his family will "rock" the political and media worlds, the brother of Toronto's late crack-smoking mayor announced Tuesday amid speculation he is toying with the idea of running for the Conservative party leadership.

Doug Ford, a former Toronto city councillor, said he would be touring the country to promote the book titled "Ford Nation: Two Brothers, One Vision-The True Story of the People's Mayor."

"When this comes out ... it's going to rock the media world, it's going to rock the political world," Ford said.

A poster promoting the book Ford Nation, Two Brothers, One Vision: The True Story of the People's Mayor CP

Asked whether he would consider jumping back into politics, Ford said he would "within about a year." THE CANADIAN PRESS

IN BRIEF

Judge OKs camera in court
A judge will allow a news camera to broadcast his verdict Thursday in the murder trial of a man accused of killing two Alberta seniors. Justice Denny Thomas said it will increase the public's confidence in the judicial system, but said it's a one-time ruling. THE CANADIAN PRESS

$15 minimum wage won't lead to job losses: Notley
Alberta Premier Rachel Notley says it was time to lock in minimum wage increases that guarantee workers will be paid $15 an hour by 2018. This gives a fair wage for those who need it, Notley said, adding she doesn't think job losses will happen. THE CANADIAN PRESS

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Trump 'not fit in any way': Obama

U.S. ELECTION

President makes case for Clinton and his own track record

After a bruising weekend for Democrats, President Barack Obama on Tuesday mounted a vigorous defence of Hillary Clinton, her campaign's transparency and her fitness for the presidency, and blasted Republicans as fanning "anger and hate."

Obama painted a stark picture of the stakes in the face-off between Clinton and Republican rival Donald Trump and tried to persuade Democrats in make-or-break Pennsylvania he's all-in behind his former secretary of state and his onetime rival.

"Hillary Clinton is steady and she is true," Obama told a group of Democrats at an outdoor rally.

Obama aggressively stepped into a void left by Clinton, who is taking time off from campaigning after being diagnosed with pneumonia.

Without mentioning Clinton's health, Obama dove into the political fallout of Sunday's episode in New York. To an audience of roughly 6,000 supporters in downtown Philadelphia, Obama argued that Clinton has been more transparent in providing health and financial records than her rival, as well as releasing her past tax returns while Trump refuses to release his.

Even more, he described the former New York senator who ran against him for the Democratic nomination in 2008 as the most qualified presidential candidate, and Trump as "not fit in any way shape and form to represent this country and be its commander in chief."

Trump was scheduled to campaign later Tuesday in Pennsylvania.

At times during his 30-minute speech, the crowd broke into cheers of "Thank you! Thank you!"

Trump has fashioned himself as a working-class hero, Obama said, after "70 years on this earth showing no concern for working people." He accused Trump of being unprepared, unserious and "not a facts guy."

At the rally, Obama made both the case for Clinton and for his own presidency. He claimed successes on diplomacy, health care, winding down the war in Afghanistan and reviving economy.

"Thanks, Obama," the president joked, turning a popular internet meme on its head.

THE ASSOCIATED PRESS

COLLABORATION

U2 lead singer and activist Bono says working with a Trump administration to fight poverty would be his biggest challenge — "by far." He said he's still trying to figure out how he would deal with the party's current nominee, Donald Trump.

THE CANADIAN PRESS

IN BRIEF

Muslim woman says man set her blouse on fire

A Muslim woman wearing traditional clothing has told police that a man lit her blouse on fire in New York City. Police say the 35-year-old tourist told them she felt heat on her arm Saturday night in midtown Manhattan and noticed her blouse was on fire. She said she patted out the fire and noticed a man standing nearby holding a lighter. She said the man then walked away.

The New York Police Department hate crimes task force is investigating it as a possible bias crime. There have been no arrests.

THE ASSOCIATED PRESS

Al-Qaida affiliate denounces Syrian truce

With much of Syria calm for the past 24 hours, a powerful al-Qaida-linked group sharply criticized the U.S.-Russian-brokered ceasefire, saying Tuesday its real aim was to keep President Bashar Assad in power. The group was in talks with other rebel factions for a merger, a move that could dash hopes of distancing it from the wider insurgency and sabotage the truce.

THE ASSOCIATED PRESS

NEW HAMPSHIRE

Hitchhiking to a happily ever after

After waiting 11 years to marry her groom, a flat tire wasn't going to stop a determined New Hampshire bride from walking down the aisle on her special day.

With her limo rendered inoperable along an infrequently travelled road in Brookline, Angelique Arsenault stuck out her thumb and hitchhiked to the wedding venue in nearby Milford on Saturday.

Arsenault says her bridal party just laughed after receiving word of the flat tire from their driver.

With confidence fuelled by champagne, Arsenault in her white dress was able to flag down a passing motorist who gladly helped get her to the altar — albeit 30 minutes late.

Despite the small hiccup, Arsenault says the rest of her wedding was "amazing" and she now has a story her family will remember forever.

THE ASSOCIATED PRESS

Angelique Arsenault waited 11 years to marry her groom. So when her limo got a flat tire, she didn't let that keep her from her dream day. CONTRIBUTED

Canada's exotic appetites growing

FOOD

Fine dining restaurants drive surge for unusual meat

Once a week Peter Sanagan brings a whole wild boar carcass to his Toronto butcher shop. He divvies it up into chops and other cuts, selling it to adventurous eaters who wander into the Kensington Market store.

While more familiar meats like beef and pork account for up to 90 per cent of sales at Sanagan's Meat Locker, the remainder comes from people seeking so-called exotic meats like wild boar. Game birds are popular, too. "When in season, we'll have things ... like pheasants and partridges and squabs, wild turkey," Sanagan says.

Though exotic meat consumption is not well tracked, demand for it appears to be rising and some industry insiders and watchers say that's likely to continue as foodie culture grows.

In Canada, consumption of less traditional meats like horse, venison, camel, rabbit and game grew 10.6 per cent a year between 2010 and 2015, according to estimates from market research firm Euromonitor International.

Fine-dining restaurants are the main drivers of these types of meats' surge in popularity, according to Michael von Massow, an assistant professor at the University of Guelph.

Diners are seeking a culinary experience they can't get at home, he says. "Restaurants are pushing the envelope to try and give us an experience," says von Massow.

THE CANADIAN PRESS

Camel sausages, left, and Kangaroo meat, right. ISTOCK

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CAFÉS

Starbucks ready to post calorie counts

Starbucks customers will soon have another consideration besides price when deciding between that grande and venti — calories.

The coffee behemoth says it's going to start posting calorie counts on all its menu boards across Canada starting Sept. 29, with pastry-case labeling to follow on Nov. 2.

"We will be the largest national retailer to fully provide caloric information on menu boards in store," said Starbucks Canada president Rossann Williams, who will make the announcement Wednesday.

The java chain is getting the jump on a new Ontario menu law that takes effect in January. By 2017, all restaurants, fast-food locations, movie theatres, supermarkets and convenience stores that serve hot food with 20 or more locations in the province must post calorie counts for each item on their menus, menu boards, on tags in display cases and at drive-thrus.

Seattle-based Starbucks already made the move in 2013 in the U.S.

Another chain that started early in Ontario is the Firkin Group of Pubs, which released a new menu in May that includes calorie counts for each dish at its chain of 27 restaurants — though the lettering is rather tiny. The act says calorie counts must be displayed "in at least the same size, font, format and prominence as the name/price of the standard food item."

Major chains including McDonald's Canada, Cineplex and Cara Foods — which owns Swiss Chalet, Harvey's, Montana's, Milestones, Casey's, Biermarkt, Kelsey's, New York Fries, Prime Pubs and East Side Mario's — have confirmed that they are working on it and will be compliant by January.

TORSTAR NEWS SERVICE

How many calories are in this chile mocha latte? Starbucks will soon reveal it on their menus. TORSTAR NEWS SERVICE

IN BRIEF

Rise in rates trouble for some, TransUnion says

Up to a million Canadian borrowers could face problems paying their debts if interest rates rise by a full percentage point including some of the highest rated consumers, a report by TransUnion suggests. The agency said while most Canadians will not be impacted in the near term by an interest rate increase, there is a "material subset" that may be challenged.

THE CANADIAN PRESS

market minute

DOLLAR
75.93¢ (–0.70¢)

TSX
14,349.10 (–248.04)

OIL
$44.90 US (–$1.39)

GOLD
$1,323.70 US (–$1.90)

NATURAL GAS: $2.91 US (–1¢)
DOW JONES: 18,066.75 (–258.32)

metro VIEWS
Your essential daily news
Wednesday, September 14, 2016

EMMA TEITEL ON MILLENNIALS' JOB WOES

MP Niki Ashton is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from coast to coast

Early last week, on a stormy evening in downtown Toronto, 34-year-old New Democrat MP Niki Ashton led a town hall discussion about "Precarious Work in the Millennial Generation."

Ashton, MP for the Manitoba riding of Churchill-Keewatinook Aski and is the NDP critic for jobs, employment, and workplace development, spoke to a group of about 40 people — most of them under 40 — in a drab room at the United Steelworkers Hall.

At the back of the room on a table near the door, there was complimentary coffee in self-serve, cardboard carriers from a nearby Krispy Kreme. And up front, there was a lot of anxiety.

A nearly broke 30-year-old sommelier and waiter lamented the lack of advanced scheduling and regulation in his industry; "my dream," he said, "is to be in the black."

A woman, who said she was there speaking on behalf of her 20-year-old niece, asked Ashton what could be done about employers who take advantage of their young charges.

And a young man who said he worked in the Trump hotel, of all places, told a story of bad bosses and worse luck.

Almost everyone sought lower tuition fees, a $15 or $20 minimum wage and an end to a culture of crappy contracts for young people that offer no security.

Some liked the idea of "floating benefits," a dental plan, for example, that follows a person from job to job. Others, in traditional NDP fashion, wanted everything and more: an overhaul of the system as we know it.

Ashton took notes and like a northern Obama, she thanked "folks" for sharing. But she couldn't and can't — at least not yet — offer anything in the way of a policy antidote to their woes.

Elected officials, like our crotchety uncle, love stories about that 'one guy' who confirms everything wrong with kids these days.

VOICE OF A GENERATION Niki Ashton is helping young people get jobs in a precarious labour market. She has been holding a series of meetings and interviews across the country to find out the depth of the problem. RICHARD LAUTENS/TORSTAR NEWS SERVICE

This is because the MP is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from Halifax to the West Coast who feel they will never be able to settle down, have kids or (the biggest long shot, especially in Toronto and Vancouver) buy a house.

Ashton will present the findings of her tour — and, she hopes, some policy solutions to the problem of precarious employment — at a forum in Ottawa at the end of October.

The MP sat down with me the morning after she led the town hall in Toronto, and though she couldn't tell me in specific terms how she would make life better for the 18-34 demographic, she did tell me this: In order to achieve any meaningful change, we need to first dismantle the popular stereotypes that millennials are "lazy" and "disinterested."

"This requires a shift in mentality," Ashton said, highlighting the fact that after she writes about precarious labour on social media, "I still have to go on my own politician Facebook page and erase comments like, 'Oh get a job.'"

The narrative of the ingrate millennial is so entrenched in our culture, she said, it turns up in places where people should really know better.

For example, Ashton told me that in the spring, she was at a committee meeting on employment insurance when a witness "went on and on about how millennials just don't want to work."

"This person made reference to some guy bringing his mom to a job interview," Ashton said, "and even though the meeting was about EI and not this one guy, this is what my colleagues on both aisles chose to hook onto."

There was no evidence, she said, as to who "this guy" was or whether he was representative of a larger group of lazy people his age, and yet some of the older policy-makers in the room determined that "this was a real problem."

Yes, apparently, our elected officials, just like your crotchety uncle, enjoy sharing stories about that "one guy" who just so happens to confirm everything wrong with kids these days.

The funny thing, however, is that Ashton — a member of Gen Y, albeit an old one (her contemporaries include Nicki Minaj, 33, and Drake, 29) — has been characterized as a stereotypically flaky and hypersensitive millennial herself.

This was evident when she took a day trip to the campaign offices of Bernie Sanders earlier this year, and was more or less characterized in the press as a kid playing hooky to see a rock concert. "I guess I hit a slow news day," she recalled. "Because everybody and their dog was into it."

And who can forget Elbowgate in May, when Ashton made the ill-advised and, frankly, absurd suggestion that Trudeau's accidental elbowing of a fellow MP on the floor of the House of Commons contributed to an unsafe workplace for women.

In the end, then, Ashton isn't just battling negative perceptions about an entire generation, but negative perceptions about herself, too.

She hopes, however, that by making the issue of precarious millennial labour official, via "town halls" like the one she conducted last week, older leaders and perhaps the public at large will have a change of heart.

I hope so, too.

Emma Teitel is a national columnist for the Toronto Star.

Canada Post's future may lie in task force's hints

Thomas Walkom

What is to be done with the post office?

A government task force report released this week doesn't exactly answer the question. But it does provide some hints as to where Justin Trudeau's federal Liberal government may go.

Home Delivery. During last year's election campaign, the Liberals promised to stop Canada Post from replacing urban home delivery with widely unpopular community mail boxes.

Critics said that ending home delivery would particularly disadvantage the elderly and those who find it hard to get around.

Some municipal politicians said there simply isn't enough room in dense urban areas to set up community mailboxes.

Opposition was especially fierce in Trudeau's home city of Montreal.

In its 94-page discussion paper, the four-member task force notes, without comment, that permanently cashiering the conversion to community mail boxes would cost Canada Post $320 million a year.

Fully restoring home mail delivery for those who have already been moved to community mail boxes, it says, would cost the Crown corporation $1.2 billion annually.

To put that figure into perspective, it notes that individual stamp prices would have to go from $1.00 to $1.50 to cover this cost.

My guess is that the government won't want to go anywhere near these extra levies, particularly given the fact that polling commissioned by the task force found that 69 per cent of Canadians think the conversion to community mail boxes should continue apace.

What can the Liberals do to square all of this with their campaign promise to "save home delivery?"

The task force report provides one hint. It notes that continuing home delivery for those in particularly dense urban areas as well as for those suffering mobility problems would cost Canada Post a mere $50 million annually.

In short, door-to-door mail delivery could be saved — but just not for everybody who has lost it.

New ventures. One of the ways Canada Post could continue delivering the mail without losing money is by getting into new lines of business.

The Canadian Union of Postal Workers has argued long and hard that Canada, like France, the United Kingdom and New Zealand, should set up postal savings banks.

In those countries, the profits made in banking help cover the cost of postal services.

Japan's postal savings bank was so profitable that the government privatized it.

Alas for CUPW, this particular task force doesn't think much of postal banking.

Echoing Canada Post management, the report says the country already has a sophisticated and widespread financial system and there is not much room for a newcomer.

Marijuana. The task force says once marijuana is legalized, the post office could get into the business of delivering the drug. But as the Star reported, it expects such a move would net Canada Post $20 million a year at most.

Thomas Walkom is a national columnist for the Toronto Star.

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Directors Guild of America finds women directed 17 per cent and minorities 19 per cent of the more than 4,000 TV episodes produced last season.

Hollywood guild report exposes a "lack of real progress" in production diversity

Neruda: A melodic game of cat and mouse

In Neruda, **Gael Garcia Bernal plays Óscar Peluchonneau**, a wiry moustachioed cop hunting down the Chilean poet. On Tuesday, it was revealed the film is Chile's Oscar submission for next year.
HANDOUT

INTERVIEW

Cast brings a little bit of Latin America to Canada

Eva Salinas
For Metro Canada

While sitting down for a taco lunch Tuesday at the Intercontinental Hotel in Toronto, actor Gael Garcia Bernal politely addresses a waiter: "Excuse me — I'm Mexican," he says.

"And I'm Chilean," adds director Pablo Larrain, next to him.

This is no personal introduction to the wait staff — it's a request for hot sauce.

A little more Latin America in Canada, please.

But spice aside, Garcia Bernal and Larrain had already boosted the Latin presence at the Toronto International Film Festival this week when they arrived to premiere Neruda, an alt-biopic of the renowned Chilean poet Pablo Neruda. They were also joined by cast member Luis Gnecco, who plays the title role, to discuss the film, poetry, art, and Latin American culture.

"What I'm impressed about and makes me feel like a spectator of the movie, in the best sense of the word, is how (Larrain and writer Guillermo Calderon) intertwined everything so that all of a sudden, without knowing, the audience is like 'S—, I'm inside a poem,'" Garcia Bernal says.

Garcia Bernal plays a wiry, mustachioed cop hunting down the communist poet — who at the time was wanted for arrest — all the while doing a bit of soul searching of his own. The result is a melodic game of cat and mouse, with beautiful Chile as the backdrop.

Larrain says the cop character wasn't included in the original treatment of the film when they set out to write it five years ago.

"I said to my brother (producer Juan de Dios Larrain) we can't make this movie, forget it. We can't make a docudrama or, like, a Sunday night show about Neruda, it would be impossible. So we brought in the cop and that's when the fun started: the friction between two characters."

It's a reunion for the three who worked together on Larrain's 2012 film, No, in which Garcia Bernal played an ad executive out to persuade Chileans to vote 'No' against dictator Augusto Pinochet in the 1988 plebiscite.

Both Garcia Bernal and Larrain have other films at TIFF this year — the former acting in Werner Herzog's Salt and Fire and Larrain with his buzzed-about Jackie, another alt-biopic about Jacqueline Kennedy, starring Natalie Portman.

But it is Neruda that tells the story of one of the most influential, complex and adored Latin American artists — a nod to the trio's love not only for film and art, but to telling stories from home.

"He was a communist; he was an expert on food; a collector; he was expert on crime novels; he loved women. And he was probably one of the most important writers of our language," Larrain says.

A little bit of Latin America, indeed.

"He was one probably one of the most important writers of our language

Director Pablo Larrain, on poet Pablo Neruda, portrayed in his film by Luis Gnecco, pictured left

LITERATURE

Two Canadian authors shortlisted for Man Booker Prize

Two Canadian authors have made the short list of six writers for the Man Booker Prize.

Vancouver-born Madeleine Thien and Montreal native David Szalay were nominated in London early Tuesday along with two American and two British authors also vying for the prestigious award.

Szalay, who is now based in Hungary, received the nomination for his book All That Man Is (McClelland & Stewart.)

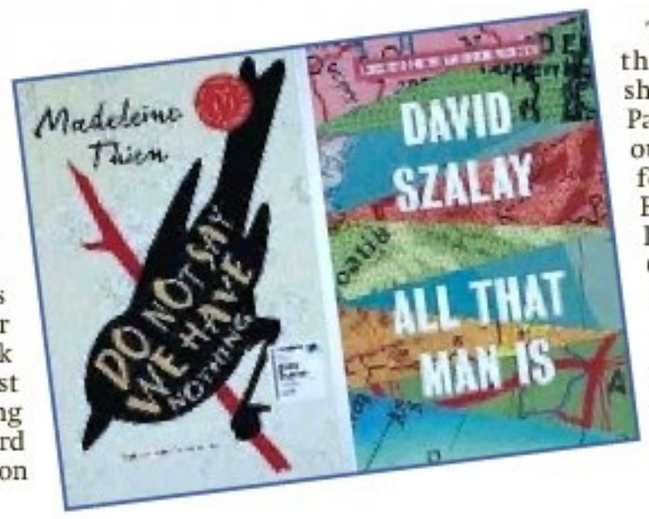
The story is set in various European cities and follows the lives of men at different stages in their lives, from their teens through old age.

Thien was recognized for Do Not Say We Have Nothing (Knopf Canada). The story is set in China before, during and after the 1989 Tiananmen Square protests.

Thien, now based in Montreal, told The Canadian Press last month when she made the Man Booker long list that the heart of her story involves three Chinese musicians who are studying Western classical music at the Shanghai Conservatory of Music in the 1960s.

The novel explores the revolution that occurred under Mao Zedong and the many political campaigns that pulled apart people's lives.

Thien's book was also longlisted for Canada's ScotiaBank Giller Prize just last week. The winning author of that award will be announced on Nov. 7.



The other authors on the Man Booker Prize short list are Americans Paul Beatty for The Sellout and Ottessa Moshfegh for Eileen plus British writers Deborah Levy for Hot Milk and Graeme Macrae Burnet for His Bloody Project.

Founded in 1969, the award had previously been open to writers from Britain, Ireland and the Commonwealth, but was expanded in 2014 to include all English-language authors.

The winner of the 50,000 pound (C$87,000) prize will be named on Oct. 25. Each of the six writers on the short list receive 2,500 pounds (C$4,300)

The British literary award, which usually brings the victor a huge sales boost, is named after its sponsor, financial services firm Man Group PLC.

Jamaican writer Marlon James won the 2015 Man Brooker Prize for his book A Brief History of Seven Killings.

THE CANADIAN PRESS

Angela Liddon just keeps on glowing

INTERVIEW

Vegan blogger continues to build her healthy empire

It's a sweltering day in a record hot summer and Angela Liddon, nearly eight months pregnant, is on her feet in — where else? — the kitchen of her Oakville, Ont. home. Yet she couldn't look more cool and content.

The author, photographer and vegan blogging sensation behind ohsheglows.com answers questions about her rise to foodie fame while she measures tablespoons of freshly squeezed lemon juice and maple syrup for marinade.

This Oakville kitchen is the epicentre of the Oh She Glows enterprise, which includes her website, The Oh She Glows Cookbook, which has sold 300,000 copies and is available in multiple languages, and a recipe app. Her second book, Oh She Glows Every Day, hits shelves this weekend while her first is still a fixture on bestseller lists.

Liddon burst onto the scene just as the food-as-lifestyle movement was taking off. She launched her blog in 2008, the same year she and Eric married and celebrity Gwyneth Paltrow launched Goop.

She started with a two-paragraph blog post on Halloween. Her second was titled Is Anyone Out There? Turns out there was — more than 1.2 million unique visitors a month, according to Eric, who handles technical and business operations.

Magazines have called Liddon a "trendsetter" and "healthy living guru." But that was never her career plan. She didn't grow up cooking, and didn't bake her first pie until age 25. Meals in her household were a matter of getting food on the table.

After earning her Masters in social psychology, she worked as a researcher before walking away to pursue a new dream.

The decision came at a tumultuous time in her life. Her long-time love-hate relationship with food had turned into an eating disorder, which she describes as a 10-year "vicious cycle of basically starving myself for a few days and then binge eating and feeling guilty and sick."

> **I try not to preach. It's all about people enjoying the food**
> Angela Liddon

Therapists helped her realize something had to change. Eating disorders aren't about food, she says, but gradually shifting what she ate changed her attitude while recovering.

"It helped me realize food is not the enemy, that it can make you feel energized and good."

Her first year posts ranged from giddy to confessional. To this day she still uses a lot of exclamation marks and opts for earnest over edgy.

Readers quickly responded to the passages that dug deeper.

"What the pictures don't show are the tough times," she began one of her early posts.

They were hooked. So was she.

She launched a home business making and selling her Glo Bar granola bars for two years before signing a book deal to assemble her most popular blog recipes, from Green Monster smoothies to 15-minute Creamy Avocado Pasta.

Her books don't include nutritional information, something she says she struggles with because she doesn't want the recipes to be about counting calories or carbs. But those details can be found for Oh She Glows Every Day recipes on her website.

The new book, which she describes as family-friendly, relies less on nuts, which some readers complained were too expensive. There are more seed-based dishes and many recipes include nut-free, gluten-free and soy-free options.

She acknowledges that the glossy images and tips for making homemade almond milk and coconut butter may not capture the daily reality for frazzled parents. "I think you can look at a book like this and think 'oh gosh, I'll never be able to do this,'" she says. But, "I feel like my approach is very encouraging and very positive, and I try not to preach. It's all about people enjoying the food and hoping it makes them happy and feel good."

TORSTAR NEWS SERVICE

RECIPE OH SHE GLOWS EVERYDAY

This mild, savoury dish was popular among family members who aren't curry fans and those who claim they only like it hot. There's something about the mellow flavour and slight sweetness of the coconut milk that pleases both palates and also makes it kid-friendly. Serve on a bed of rice or other grains. Liddon notes that after the sweet potatoes are cooked, you can mash about a third of the mixture for thicker sauce.

Sweet potato, chickpea and spinach coconut curry

Ingredients:

- 4 tsp (20 mL) virgin coconut oil
- 1 tbsp (15 mL) cumin seeds
- 1 medium onion, finely chopped
- Pinch of salt
- 3 large gloves garlic, minced
- 4 tsp (20 mL) grated fresh ginger
- 1 tsp (5 mL) each: ground turmeric, ground coriander
- 1/4 tsp (1 mL) red pepper flakes
- 3 cups (750 mL) sweet potato, about 2 medium, peeled and cut into half-inch (1 cm) dice
- 1 1/2 cups (375 mL) cooked or canned chickpeas, drained and rinsed
- 1 1/2 cups (375 mL) diced tomatoes, with juices
- 1 14-oz (398 mL) can light coconut milk
- 4 cups (1 L) lightly packed baby spinach
- 3/4 tsp (4 mL) fine sea salt
- Freshly ground black pepper, to taste
- Optional garnishes: chopped cilantro, unsweetened large-flake coconut, lime wedges

Directions:

1. In a large saucepan, heat oil over medium heat until a cumin seed tossed into it sizzles. Add cumin seeds and toast about one minute, until fragrant and slightly darkened. Stir in onion and salt and cook 3 to 5 minutes, until onion is soft and translucent.

2. Add garlic, ginger, turmeric, coriander and red pepper flakes. Stir and sauté a couple of minutes until garlic softens.

3. Add sweet potato, chickpeas, tomatoes and coconut milk. Stir to combine, cover and simmer over medium-low heat for 20 to 30 minutes, until potatoes are fork tender.

4. Stir in spinach and cook until wilted. Add the salt and pepper.

5. Garnish with cilantro, coconut and, if desired, lime wedges to squeeze over top. Store in airtight container in fridge up to 5 days or freeze up to one month.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Lunch on the go

If occasionally you've got to grab lunch for the kids on the go, choose wisely.

PICK THIS

Subway Kid's Pak: Turkey Mini Sub and Apple Slices

Calories 230
Fat 2.5g
Sodium 465mg

SKIP THIS

Schneiders Lunchmate Turkey Stackers

Calories 300
Fat 14g
Sodium 880mg

HERE'S WHY

Equivalent to 10 McDonald Mini Fries in sodium

A homemade lunch is always best, but sometimes we give in to a fast food treat, especially if we're short on time. While your kids may love building their own lunch, as with Lunchmate Turkey Stackers, keep in mind that the turkey is smoked and contains sodium nitrites, the cheese is processed — and to boot, a chocolate bar for dessert! This packaged lunch offers up little nutritional value, excess fat and an abundance of sodium. A Subway mini turkey sub on a 9-grain bread with apple slices is a better pick, with less calories, half the sodium and a fraction of the fat.

LIQUID ASSETS

Chile's mistake is to our sipping benefit

Sometimes a big mistake can be a good thing. Case in point is Carménère, a grape that was once a staple of the Médoc vineyards of France's Bordeaux region but, thanks to the popularity of Cabernet Sauvignon and Merlot, is now virtually non-existent there.

While Merlot was usurping Carménère's cachet in France, it was actually helping keep the grape alive in Chile. On arrival in South America Chilean winemakers mistook their French cuttings of Carménère for the more popular grape; growing them side-by-side, blending them together and labelled the juice Merlot. In 1994 researchers figured out the error and Chile gained a signature grape. It makes for a great all-purpose red, with Concha y Toro's 2014 Casillero del Diablo Carménère Reserva ($13.49-$13.95) a quintessential, easy-drinking version that's an ideal partner for late summer grilling.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/ METRO

metro WHEELS
Your essential daily news

2018 Kia Rio revealed with all-new design

Smaller SUV more suited to the city

HANDOUT

REVIEW

New Acadia offers better efficiency, handling

Jonathan Yarkony
AutoGuide.com

In any segment, there are always outliers at the extremes of the spectrum, while the majority sit somewhere in the middle.

The GMC Acadia and its platform twins were at the larger end of the spectrum, with one of the bigger footprints and interiors in the "midsize" crossover segment.

That is all about to change.

GM is spreading out its range, with GMC inheriting this smaller midsize platform from the Cadillac XT5 and delivering proper five-seat compacts like the Envision, while Chevrolet and Buick are sticking with larger midsizers like the current Traverse and Enclave.

With the Acadia shrinking, logic dictates that the Terrain will similarly shrink to retain the same spacing between models in the GMC lineup.

With the 2017 GMC Acadia, GM is targeting the middle, and perhaps even going to the opposite extreme, chopping about 18 centimetres from its length and wheelbase. It's now shorter than anything in the segment except the Kia Sorento, and one of the narrowest) as well.

The size reduction has resulted in huge weight savings and added maneuverability, which offers huge benefits in the fuel efficiency and handling departments, and with a smaller turning radius, it is now far better suited for city life.

While it's no MINI, the far more compact footprint was a relief when driving through Vancouver, B.C., a city with notoriously narrow lanes and tight roads.

GMC is able to offer a more modest powertrain option in addition to a V6, which was the only way to get the previous generation. This engine is new to GMC, but previous experience in other GM models equipped with the same powertrain showed its smoothness and power should be good for the Acadia's much more modest weight.

The drive from Whistler to Vancouver was a perfect route to see the cylinder deactivation in action, as the descents allowed the engine to take it easy and only run on four pots.

Of course, it was the ascent that proved the real value of the V6, making easy work of any steep climbs, and living up to GM's refinement claims as it quietly went about its business even when accelerating hard up an incline.

We did not test the towing capacity, but the power certainly felt sufficient, while its balanced, stable ride also should contribute to comfortable trailering. Even the steering is much improved, appropriately light

The 2017 GMC Acadia is firmly in the middle of the segment and offers exactly the mix of capability and convenience that consumers are looking for in a midsize crossover segment.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5L 4-cyl; 3.6L V6
Power: 193 hp/255 lb-ft; 310 hp/271 lb-ft
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 11.0/9.2 (2.5 FWD); 11.2/9.4 (2.5 AWD); 13.0/9.3 (3.6 FWD); 13.3/9.5 (3.6 AWD)
Price: Starts at $34,995

LOVE IT

- Lighter, nimbler, more efficient
- Improved interior materials
- Smooth powertrain

LEAVE IT

- Limited cargo space
- Cramped third row
- Generic styling

BATTERIES

Powering up the next-generation

Sami Haj-Assaad
AutoGuide.com

Electric vehicles are seen as a global saviour, something that can help fix the damage internal combustion has wreaked on the environment.

More research and testing is going into developing and improving the components in EVs, but nothing is more important than the car's battery.

Most EVs currently use a lithium-ion batteries, but they have a low energy density. That means that for their size, they don't pack much power.

But there are alternatives that could change the way electric cars work in the future.

Nanotube Lithium-Ion

Nanotubes are long microscopic threads that can store and release more ions than a traditional lithium-ion battery. They can discharge and charge faster than most batteries, because, well, they're not real batteries — they're more of a supercapacitor. These nanotubes can be layered like sheets and are combined with Graphene (an extremely thin, strong layer of pure carbon) to make a storage system.

Lithium Air

One solution to make lithium batteries more energy dense is to use carbon instead of heavier metals. The carbon would react with oxygen to make electricity, but although it's called lithium air, it's still a type of battery. IBM has been researching and developing these batteries in order to provide a new type of energy storage for electric vehicles.

Solid State Batteries

Solid state batteries shun the liquid materials used in current lithium-ion batteries and do away with that lithium air idea. Instead, it uses non-volatile materials that are stable at high temperatures. That's a big deal because extreme temperatures wear out current batteries, which reduces their effectiveness. Solid state batteries, in comparison, would be safer and longer lasting.

Several companies are investing a lot of money into this technology, including Dyson.

WHEELS NEWS IN BRIEF

Water Injection System from the BMW M4 GTS will Spread to other cars

BMW's new water injection system that debuted under the hood of the M4 GTS is set to spread. The system was designed through a collaboration between BMW and Bosch, which expects to put it into mainstream production by 2019. Water injection brings numerous benefits, the most important of which is increased efficiency and emissions reductions. STEPHEN ELMER/AUTOGUIDE.COM

Audi all-electric flagship to arrive by 2020

Audi has a new range-topping all-electric luxury car in the works that will likely be called the A9 e-tron. This car will serve as the pinnacle of the German automaker's all-electric car lineup, sitting above a new A3 e-tron and the upcoming Q6 e-tron SUV. Range on a single charge is expected to be 500 kilometers for the A9 e-tron while performance is said to match the Tesla Model S.
STEPHEN ELMER/AUTOGUIDE.COM

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Starting From Price for 2016 Dodge Grand Caravan Crew shown: $29,985.[3]

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

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STEP UP TO

THE 2016 ULTIMATE FAMILY PACKAGE AND GET **$10,350** IN TOTAL DISCOUNTS[4]

OR CHOOSE **0%** FINANCING[†] FOR 84 MONTHS ON MOST MODELS

OR GET UP TO **30% OFF MSRP** ON SELECT INVENTORY![5]

2016 DODGE JOURNEY CANADA VALUE PACKAGE – CANADA'S FAVOURITE CROSSOVER*

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Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140.[3]

Starting From Price for 2016 Jeep Cherokee Trailhawk shown: $35,590.[3]

2016 JEEP CHEROKEE SPORT FWD – BEST-IN-CLASS CAPABILITY[1]

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Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: $42,135.[3]

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Examples: $30,000 financed at 0% for 72/84 months equals 156/182 bi-weekly payments of $192/$165, a total obligation of $30,000 and $0 cost of financing. ◊$14,000 in Total Discounts is available on select new 2016 Ram HD 2500/3500 models and consists of $12,500 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. $12,000 in Total Discounts is available on new 2016 Ram 1500 models (excluding Reg Cab) and consists of $10,500 in Total Incentives and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. ‡3.49% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Dodge Grand Caravan Canada Value Package (29E)/2016 Jeep Cherokee Sport FWD (24A)/2016 Chrysler 200 LX (28A) with a Purchase Price of $21,905/$27,085/$23,589 with a $0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $121/$149/$130 with a cost of borrowing of $3,214.65/$3,974.84/$3,461.79 and a total obligation of $25,119.65/$31,059.84/$27,050.79. €$10,350 in Package Value available on the new 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $7,000 Consumer Cash Discount, $850 No Charge Uconnect Hands-Free Group and $2,500 Ultimate Family Package Savings. $4,700 in Package Value available on the new 2016 Dodge Journey SXT Ultimate Family Package model based on the following: $1000 Consumer Cash, $2,500 DVD Bonus Cash and No-Cost Options of $1,200. See your retailer for complete details. ❖Discounts apply to models which have been in stock the longest. 25% off MSRP discount available to retail customers on the purchase of select in-stock Dodge Grand Caravan CVP models and 30% off MSRP discount applies to other select in-stock Grand Caravan models from participating Ontario, Atlantic and Quebec retailers from September 1 - 30, 2016. Discount is calculated based on MSRP plus options, freight, A/C and tire charge and will be deducted from the negotiated price before taxes. 25% or 30% off MSRP discount cannot be combined with any subvented interest rate (including subvented non-prime rates) or any other bonus cash or consumer cash offer. Retailer may sell for less. See retailer for complete details. >2.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of $22,560 with a $0 down payment, financed at 2.99% for 96 months equals 208 bi-weekly payments of $122 with a cost of borrowing of $2,834 and a total obligation of $25,393.60. ■Jeep Loyalty/Conquest Bonus Cash up to $1,000 is available on the retail purchase/lease of 2016 Jeep Compass (excludes base 2BD, 2GD, 25D & 28D models), Patriot (excludes base 2BD, 2GD, 25D & 28D models), Cherokee (excludes all Sport models), Renegade or Grand Cherokee and is deducted from the negotiated price after taxes. Eligible customers include: Current owners/lessees of a Jeep or any other manufacturer's CUV or SUV. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before September 1, 2016. Proof of ownership/lease agreement will be required. Limit one bonus cash offer up to $1,000 per eligible transaction. Some conditions apply. See your retailer for complete details. ~Lease Loyalty/Conquest Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase or lease of select 2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating retailers. LIMITED TIME OFFER. Eligible customers are individuals who are currently leasing a Chrysler, Dodge, Jeep, Ram, FIAT, or competitive vehicle with an eligible lease contract in their name on or before September 1, 2016. Proof of Registration and/or Lease agreement will be required. Trade-in not required. See your retailer for complete details. ˆConsumer Cash/Jeep Cash Discounts are deducted from the negotiated price before taxes. –Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1st, 2015 for Crossover Segments as defined by FCA Canada Inc. 1Based on 2014 WardsAuto Middle Cross Utility segmentation. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ®The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

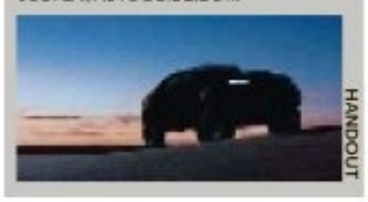
Ultra-modern concept to be a reality

IN BRIEF

GM getting set to reveal Chevy Colorado-based electric military vehicle

GM is getting prepared to debut a crazy-looking fuel cell-powered military vehicle. Developed in conjunction with the U.S. Army Tank Automotive Research, Development and Engineering Center (TARDEC), the vehicle, which isn't being called a concept, will be based on the Chevrolet Colorado and will be powered by hydrogen fuel cells. The SUV will be used to test how the military can use alternative energy sources to power vehicles that are quieter, more fuel efficient, can generate power and water, and provide plenty of low-end torque for off-roading.

JODI LAI/AUTOGUIDE.COM



HANDOUT

VARSOVA

Futuristic Polish car concept will be produced

Seemingly coming out of nowhere, a Polish company has unveiled a futuristic concept for an electric luxury sedan. The Varsovia Motor Company, which is based in Warsaw, Poland, said this concept will actually be produced, although in limited numbers. The sedan, which does away with a grille and has a unique diamond pattern in its body panels, seems to be an electric car with a range extender, kind of like the Chevrolet Volt. The drive is powered by electrical engines, but a small internal combustion engine can be used as a generator to power those engines if the battery is depleted. Range on a full charge is 350 kilometres and with the range extender, range is increased by an additional 500 kilometres. Varsovia claims a zero-to-100 km/h time of under five seconds and a maximum speed of more than 200 km/h.

JODI LAI/AUTOGUIDE.COM

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SR model shown*

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ON 2016 SENTRA S MT

SL AWD model shown*

	CLEAROUT CASH	CLEAROUT PRICE
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ON 2016 ROGUE S FWD

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Offers available from September 1-30 2016. *Fully stackable cash discount of $3,750/$4,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers purchasing, financing or leasing any new 2016 Sentra S MT (C4LG56 AA00)/2016 Rogue S FWD (Y6RG16 AA00). **Cleaout price of $13,988/$22,988 on 2016 Sentra S MT (C4LG56 AA00)/2016 Rogue S FWD (Y6RG16 AA00). Prices include all applicable discounts. †Standard rate finance cash discount of $6,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Pathfinder Platinum 4x4 (5XEG16 AA00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. **Loyalty Bonus ("Offer") is available only to eligible customers who, in the 90 days preceding the date of lease/finance of an Eligible New Vehicle (defined below), have leased or financed a 2007 or newer Nissan, Honda, Toyota or Hyundai brand vehicle (an "Existing Vehicle") within past 90-days. Eligibility for the Offer will be determined by Nissan Canada Inc. ("NCI") in its sole discretion. Proof of current ownership/lease/finance contract will be required. Offer is not transferrable or assignable, except to the current owner's spouse or a co-owner/co-lease of the existing vehicle (either of whom must reside within the same household as the intended recipient of the offer). Individuals who purchased/leased a vehicle under a business name can qualify for the program provided that the new deal is not a fleet deal and that the individual can provide valid documentation that they are the registered primary owner of the business. If the eligible customer elects to lease or finance a new and previously unregistered model year 2016 Nissan brand vehicle (excluding NV, Fleet and daily rentals) (an "Eligible New Vehicle") through Nissan Canada Finance Inc. (collectively "NCF"), then he/she will receive a specified amount of NCF Loyalty Bonus, as follows: (i) 2016 Altima ($2,000); (ii) 2016 Micra/Versa Note/Sentra ($500); (iii) 2016 Juke/Rogue ($600); (iv) 2016 Pathfinder ($800); (v) 2016 Titan XD ($1,000). Loyalty Dollars will be applied after taxes. Offer is combinable with other NCF incentives, but is not combinable with the Nissan Loyalty program. Offer valid on vehicles delivered between September 1-30, 2016. *Models shown $27,729/$37,474/$49,324 Selling price for a new 2016 Sentra 1.8 SL CVT (C4TG16 AA00)/2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00). All Pricing includes Freight and PDE charges ($1,600/$1,795/$1,795) air-conditioning levy ($100), applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. Certain conditions apply. ©2016 Nissan Canada Inc.

Finish off summer in harmony

Jen Traplin

The last big music festival of the summer takes over the Great Lawn at Lansdowne Park Thursday.

CityFolk, in its second year at the venue and under the festival's new moniker, features a diverse collection of performers on multiple stages, including James Bay, Dropkick Murphys and Plants and Animals on opening night, and Joey Bada$$, Bryson Tiller and Guided by Voices Friday evening.

Saturday's line-up includes Dan Mangan, Basia Bulat, The New Pornographers, Vance Joy and SonReal, while Dean Brody, Jim Bryson, X Ambassadors and Michael Bernard Fitzgerald cap off the festival on Sunday.

More than 40 local musicians are also apart of CityFolk's Marvest, a series of shows at venues — like a barber, toy store and chocolate shop — along Bank Street in the Glebe. On top of being (mostly) free, the Marvest shows on Saturday afternoon are also family friendly.

CITYFOLK FESTIVAL

Sept. 15-18, 2016
The Great Lawn at Lansdowne Park

Tickets:
General Admission Full Festival Pass | $123.17
Youth Full Festival Wristband | $100.57
2-Day Pass | $90
Pick-3 Pass | $99.99
Day Tickets | From $50.85

*Children under 10 are free when accompanied by an adult.
*Parking Passes to the underground garage will be sold at Lansdowne Park (single days or full festival). The passes do not include festival admission.
*For tickets, full festival line-up and more info, visit cityfolkfestival.com.

CityFolk's Marvest series on Bank Street in the Glebe offers free shows in a variety of venues. GILLES VEZINA

SonReal
UNIVERSAL MUSIC CANADA

Vancouver rapper finds his voice

The past year has proven to be a game changer for Vancouver-based rapper SonReal.

After releasing four full-length albums, two EPs and nearly half a dozen mixtapes, the 31-year-old, who has been rapping for over half his life, admits, with his recent EP The Name, he's finally found his voice.

"I've really opened up in the past year. To be honest, I was terrified to make the music I'm making right now. I've been terrified to sing on an entire song and not rap at all because I felt like I wasn't doing my rap fans justice and I felt insecure about it," he explained.

"But I'm happier with the music I'm making now than anything I've made before and it's because I let go of all of those insecurities and I just made the music I wanted to make."

It seems to be paying off in a big way. The EP's first single, Can I Get A Witness is blowing up — it has more than four million plays on Spotify and was just certified gold in Canada.

While the catchy tune definitely belongs on radio, it certainly doesn't fit the traditional mold of a radio single, a testament to SonReal's unique brand.

"When I make music, I think I have a very specific style, it's just not put in a box. The music I've been making is essentially genre-less and a lot of people don't know where to put me," he said. "I'm really proud of being weird and I'm proud of not being the same as everyone else."

After taking a bit of downtime to recover from shoulder surgery, SonReal is back on tour in support of the new EP, performing a handful of shows in Eastern Canada, including a performance at CityFolk, before he heads south of the border for a string of U.S. dates.

After that, the focus will shift to an upcoming full-length album, which is expected to be out early next year. The record, much like his new EP, will offer even more of a glimpse into the evolution of SonReal as an artist.

"The Name EP is just a little taste of what's to come on the album," he said. JEN TRAPLIN

ON STAGE

When: Saturday, Sept. 17, 10 p.m.
Where: BMO Stage
For tickets and more info, visit cityfolkfestival.com.

Dan Mangan + Blacksmith perform at the Pemberton Music Festival in July 2015. JENNIFER GAUTHIER

Best time is now for Dan Mangan

UNMAKE

Award-winning musician talks of being wary of nostalgia

Jen Traplin

Earlier this year, JUNO Award winning artist Dan Mangan released a surprise, five-song EP titled Unmake.

The follow-up to his last full-length effort, 2015's Club Meds (which Mangan confesses is his proudest work to date), Unmake features two new songs, including his current radio single Race to the Bottom, a cover of a hit by Swedish pop singer Robyn and stripped-down, reworked versions of two songs from his previous release — Forgettery and Kitsch — born out of a "weird place" by tinkering on some gear at home.

"I like how different the interpretation of both those songs are than Club Meds," said Mangan. "I didn't want to just record a version of me doing the exact same thing, but without the band. I wanted to reimagine them to some degree."

A recurring theme in Mangan's recent work is a romanticized notion of the past, which has certainly carried over to Unmake. Mangan says he doesn't unilaterally discount all nostalgia, but is wary of the sentiment that everything was better back in the day.

"I think, since the dawn of society, people having been saying, 'if only things could be the way they were when I was a kid.' Well, what a narcissistic way of looking at anything to suggest that it was best when you were a kid. When you were a kid, it was somebody else's ruined version of when they were a kid," he explained.

"I don't believe that the past was any better, I don't believe that the Internet has ruined us, I don't believe that there was a time that was any better than now."

Mangan is currently working on what will likely be another full-length album but, as a married man and father of a busy three-year-old, he happily admits he's in no rush to pull it all together.

"It's funny, in recent years, I definitely looked at albums as these sort of long, perspective projects but I find myself really busy with the domestic elements of my life and it's been a real joy to just work on songs and not really have that pressure about what it's all going to be."

ON STAGE

When: Saturday, Sept. 17, 4:30 p.m.
Where: City Stage
For more info, visit cityfolkfestival.com

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April Verch will return to her hometown, Pembroke, to play following CityFolk. PARKER J PFISTER

Playing live in a small hall what April likes most

FIDDLER/SINGER/STEPDANCER

Artist performs variety of venues to keep things fresh

Steve Collins

Re-listening to her 10 albums to select tracks for a compilation, April Verch discovered another 10 personal time capsules.

"Each album has captured a time in my life, different band members, different producers, different agents, and team members," the Ottawa Valley fiddler/singer/stepdancer said, "...so each one sort of really makes me grateful for all the people I've had the pleasure of working with along the way."

Time has also changed how she hears the recordings, particularly their imperfections.

"There are things that probably bothered me at the time (and) now just sound real and raw, you know?" she said. "Recording tracks now, I don't know if I'm less of a perfectionist, but there's something to be said for not taking advantage of all the little things that you can 'fix.'

"It feels a little bit more like live music. It's in the moment, and imperfect and gives a better sense off the way things really are, which goes along with the kind of music I play. That's one of the things I love most about it."

Playing live remains Verch's first love, whether to large crowds at CityFolk or the more intimate settings of the Festival of Small Halls, which will take her back to her hometown Pembroke, Ont., the day after her performance.

"Part of what keeps performing fresh to me is playing in a variety of spaces and sizes. But that being said, if I had to pick one that we really excel in, it would be that small hall kind of feel, where...it's small enough for people to be up close and really make the connection with each other, so yeah, I'm really excited about it, and to do it near home for me is pretty cool."

ON STAGE

When: Friday Sept. 16, 8:30 p.m.
Where: BMO Stage
For tickets and more info, visit cityfolkfestival.com

Next year marks Vanilla Fudge's 50th anniversary. ALEKSANDRA PRUENNER

The band will perform an eclectic mix of songs from their first album until now. MARKEHOFMAN

Classic rock with 'cool surprises'

CLASSIC ROCK

Vanilla Fudge hits CityFolk on verge of 50 years playing

Steve Collins

ON STAGE
When: Sunday Sept. 13, 5:30 p.m.
Where: City Stage
For tickets and more info, visit cityfolkfestival.com

Vanilla Fudge front man Mark Stein views the classic rock band's 50th anniversary, coming up next year, with a mixture of incredulity and gratitude.

"I can't believe it. Life goes by on the sly. It's pretty amazing," said Stein, who will himself turn 70 in March.

"Quite a journey for sure, so I think we're feeling pretty proud about that, the fact that there's still three out of four original members in the band, and we're still out there rocking. As long as the people keep coming to see us, we're going to keep rocking."

They'll release a live album and DVD from the group's appearance at this summer's Sweden Rock festival, and play more career-spanning shows like Sunday's CityFolk appearance.

"We're going to be doing all our hits from our very first album, our 50th anniversary album, songs like You Keep Me Hangin' On and Take Me for a Little While, and songs like the arrangements of Season of the Witch, and all those really cool arrangements," Stein said. "And probably one or three songs off the Out Through the In Door tribute to Led Zeppelin album that we recorded just a few years ago, and we got a couple of cool surprises, and some musical interludes and interspersions."

Also making the set-list will be selections from 2015's Spirit of '67, for which the band selected favourites from that year to transform using their signature slowed-down, jammed-out cover versions.

"We're really proud of it. There are songs on there like The Letter, and Break on Through by the Doors, and I Heard It Though the Grapevine," Stein said.

"We're going to be doing Break On Through, and we're also going to be doing a version of the song I wrote called Let's Pray for Peace."

Stein is thankful to still be writing: "The creative process has not stopped, which is a really powerful tool and keeps me feeling young and positive."

As for new covers, Stein has a few ideas. "I listen to Adele a lot. I love her writing," he said. "I think one of Adele's songs would be really cool to re-do."

> **"I can't believe it. Life goes by on the sly. It's pretty amazing."**
> Vanilla Fudge front man Mark Stein

‘Magical’ feeling to step back into band

DOUG GILLARD

Guided by Voices guitarist went from filling in to returning full time

Steve Collins

From left: Tobin Sprout, Robert Pollard and Greg Demos of Guided By Voices on stage in New York City, July 2012. GETTY IMAGES

ON STAGE

When: Friday, Sept. 16, 10:00 p.m.
Where: RavenLaw Stage
For tickets and more info, visit cityfolkfestival.com

“I was not expecting it to happen at all or planning for it,” Doug Gillard said of his sudden return to Guided by Voices.

He got the call to fill in for guitarist Nick Mitchell at a show in July, and ended up reuniting full time with bandleader Robert Pollard, having left in 2005. That first show, he adds, was unforgettable.

“While I have an entirely better handle on the new songs now and subsequent shows have been exponentially better than that one, it felt kind of magical to step back in and play the set with them, knowing they needed me on guitar if for just that one show. The same feeling radiated from Bob and the band as well that night,” he recalled.

“I love playing these songs again, especially Brides Have Hit Glass and Official Ironmen Rally Song. But, to be honest, I get more of a kick playing the newer material I didn’t have the chance to tackle in my former tenure in GbV,” he said. “I especially love Of Course You Are, Please Be Honest, and Arrows And Balloons.”

And more new music is on the way, with Gillard working on both a Guided by Voices album and a side project of Pollard’s, ESP Ohio, which he describes as “a bit poppier in spots and a bit proggier in spots.”

Brevity remains a writing principle. Countless short and sweet Guided by Voices songs clock in well under two minutes.

“One can say a lot in two minutes,” Gillard said. “Not every song has to have a solo or a bridge...It forces the writer to move quickly and change quickly. And it doesn’t fatigue you or the listener with needless repetition, which I know I used in my earlier days of writing. Short songs are quicker to mix, too.”

“If you listen to sunshine-pop or arrangement-pop singles from the mid-late sixties, you’ll be surprised how much happens in a two or 2.5 minute song; dense orchestral arrangements, key modulations, layered vocal harmonies, counterpoints, all that. That’s a goal to get back to, I think. Why not?”

metro SPORTS

The Red Hot Chili Peppers are set to perform at the L.A. Rams' home-opening return to the City of Angels this Sunday

Olympians the target of agency database hacking

ANTI-DOPING

Williams sisters and Biles have medical data leaked online

Russian hackers have been blamed for breaking into a World Anti-Doping Agency database and posting confidential medical data of some American athletes online.

WADA said Tuesday the attack — which targeted some female members of the U.S. team which competed at the Rio de Janeiro Olympics — was carried out by a "Russian cyber espionage group" called Fancy Bears.

Tennis players Venus and Serena Williams and teenage gymnast Simone Biles were among those targeted.

Biles was revealed to have been taking medicine for Attention Deficit Hyperactivity Disorder. The hacker group had accused her of taking an "illicit psycho-stimulant", but she said she had "always followed the rules."

The hackers revealed records of "Therapeutic Use Exemptions" (TUEs) which allow athletes to use substances that are banned unless there is a verified medical need.

WADA previously warned of cyberattacks after investigators it appointed published reports into Russian state-sponsored doping.

Russian Yuliya Stepanova is living at an undisclosed location in North America. GETTY IMAGES FILE

"These criminal acts are greatly compromising the effort by the global anti-doping community to re-establish trust in Russia," World Anti-Doping Agency director general Olivier Niggli said in a statement.

WADA said it "extended its investigation with the relevant law enforcement authorities."

Last month, hackers obtained a database password for Russian runner Yuliya Stepanova, a whistleblower and key witness for the WADA investigations. She and her husband, a former official with the Russian national anti-doping agency, are now living at an undisclosed location in North America.

A spokesman for Russian state President Vladimir Putin rejected WADA's statement blaming Russian hackers as unfounded.

"There can be no talk about any official or government involvement, any involvement of Russian agencies in those actions. It's absolutely out of the question," spokesman Dmitry Peskov said. "Such unfounded accusations don't befit any organization, if they aren't backed by substance."

The International Olympic Committee said it "strongly condemns such methods which clearly aim at tarnishing the reputation of clean athletes."

"The IOC can confirm however that the athletes mentioned did not violate any anti-doping rules during the Olympic Games Rio 2016," the Olympic body said.

The top American anti-doping official said it was "unthinkable" to try to smear athletes who followed the rules and did nothing wrong.

"The cyber-bullying of innocent athletes being engaged in by these hackers is cowardly and despicable," said Travis Tygart, CEO of the U.S. Anti-Doping Agency.

The president of the governing body of tennis cautioned against "unjustified conclusions" being drawn from exemptions it approved.

The name "Fancy Bears" appears to be a tongue-in-cheek reference to a collection of hackers which many security researchers have long associated with Russia.

In a statement posted to its website early Tuesday, the group proclaimed its allegiance to Anonymous, the loose-knit movement of online mischief-makers, and said it hacked WADA to show the world "how Olympic medals are won."

"We will start with the U.S. team which has disgraced its name by tainted victories," the group said, adding that more revelations about other teams were forthcoming.

THE ASSOCIATED PRESS

WORLD CUP OF HOCKEY

Bearded wonder skates on

Mario Lemieux was the unofficial greybeard of Team Canada when it last World Cup of Hockey was played a dozen years ago.

This time around, the role falls to Joe Thornton, the 37-year-old who played alongside Lemieux in 2004 and actually has an outsized grey beard. The Canadians didn't bring Thornton to Toronto just for his wisdom though, but for talents that have withstood the test of time.

Joe Thornton GETTY IMAGES

Despite being one of the oldest players in the NHL last season, Thornton finished fourth in league scoring, compiling 82 points in 82 games for the San Jose Sharks. He added another 21 points in 24 playoff games, reaching his first-ever Stanley Cup final.

"When you look at his season last year, he's playing great hockey," Team Canada general manager Doug Armstrong said.

Canadian head coach Mike Babcock said Thornton's inclusion on Canada's roster, which came at the initial exclusion of much younger players like Logan Couture and Taylor Hall, was merited. The five coaches and five managers made the assessment that Thornton deserved to be there, Babcock said. "He obviously was a guy that played well enough and played good enough and was important enough on his team," Babcock said.

Armstrong was intrigued by how San Jose employed Thornton last season, mostly on the wing alongside captain Joe Pavelski. That freed the long-time centre from having to labour at both ends of the ice and exposed Canada to how it could use Thornton at the World Cup.

A plodding skater who didn't crack the 2014 Olympic squad in Sochi, Thornton also seemed a better fit for the NHL-sized rink in Toronto. Thornton, who last represented Canada at the 2010 Olympics in Vancouver, hadn't given much thought to cracking the World Cup roster.

"It was just one of those things where you just kind of play, don't think about it and then you get chosen," he said. "I've still got another 10 years (left), so maybe the next World Cup, I'll play in it, too." THE CANADIAN PRESS

PARALYMPICS

Basketball dreams dashed by Dutch

Canada's women's wheelchair basketball players had their dreams of a Paralympic medal dashed — again — with a 78-60 quarter-final loss to the Netherlands on Tuesday.

RIO2016

Once so thoroughly dominant in the global wheelchair game, Canada will leave the Paralympics without a medal in the event for the first time in nearly 30 years.

"It's not a good feeling. It happened, the same thing in London (in 2012) ... It's just a pretty awful feeling," said Cindy Ouellet, pausing to gulp back tears. "Sorry."

Canada's men's team, who watched on with gloomy faces, fared no better in Rio. The defending Paralympic champions went 0-5 in the preliminary round, and will face Algeria for 11th place on Wednesday morning.

THE CANADIAN PRESS

IN BRIEF

Donaldson missing again

Reigning American League MVP Josh Donaldson was not in the Toronto Blue Jays' starting lineup on Tuesday, marking the second night in a row that the all-star third baseman has missed a game.

Manager John Gibbons said before Tuesday's game against the Tampa Bay Rays that Donaldson jammed his right hip while running to first base in Sunday's 11-8 loss to Boston. THE CANADIAN PRESS

NCAA

North Carolina hit hard by withdrawal

The NCAA's decision to pull seven championships out of North Carolina ratchets up the pressure on the college sports-crazy state to repeal its law on transgender bathroom use

Unlike the recent one-time cancellations by the NBA, the move by college sports chiefs could make moderate and conservative voters question whether the price tag for the law has become too high.

Economic development officials said the effect of the NCAA's action goes well beyond the projected $20 million in lost revenue from the cancellation of the 2016-17 basketball, baseball, soccer, tennis, lacrosse and golf events.

"College sports is part of the fabric of North Carolina. It's part of the culture," said Scott Dupree, of the Greater Raleigh Sports Alliance, which was co-ordinating four of the events. "That's why it hits so hard and feels so personal."

THE ASSOCIATED PRESS

‘Terry was running in the greatest race of all’

TERRY FOX RUN

Canada Sports Hall of Fame opens exhibit in legend’s honour

Terry Fox won no races nor set any Canadian running records. There wasn’t a frame of reference in 1980 for an above-the-knee amputee running almost a marathon daily on an artificial leg for 143 consecutive days.

An exhibit unveiled Tuesday at Canada’s Sports Hall of Fame in Calgary just days away from his namesake run would have meant a lot to Terry Fox, says younger brother Darrell.

Terry Fox saw his Marathon of Hope as much of an athletic endeavour as it was a campaign to raise money and awareness about cancer.

“Terry did not crave recognition for himself. In fact he ran away from it,” Darrell said. “He did appreciate being recognized as an athlete.

Darrell Fox looks at a bust of his brother Terry in Calgary on Tuesday. LARRY MACDOUGAL/THE CANADIAN PRESS

“He thought what he did, what he accomplished was an athletic feat, but there were no benchmarks, no standards. He wasn’t running against anyone. He was running in the greatest race of all.”

Fox lost his right leg to bone cancer at the age of 18 in 1977.

On April 12, 1980, he dipped his prosthetic leg into ocean waters off of St. John’s, N.L., to begin his cross-Canada run home to Vancouver. He was accompanied by 17-year-old Darrell and high-school buddy Doug Alward.

“We were three young guys in a stinky Ford van traversing the country one mile at a time,” Darrell recalled.

“I was a sponge to what Terry was accomplishing. I was witnessing it, I was seeing the reaction of every day Canadians on the side of the road. That’s what I experience every day now from that next generation who are learning the story. They’re not only learning the story of Terry Fox. They’re embracing it.”

The return of cancer to his lungs halted Fox in Thunder Bay, Ont., after 5,342 kilometres. Fox died June 28, 1981 at age 22.

The exhibit entitled Terry Fox: Running to the Heart of Canada and organized by the Canadian Museum of History. will remain in Calgary until Dec. 31.

THE CANADIAN PRESS

$700M

About $700 million has been raised in Terry Fox’s name for cancer treatment and research.

CHAMPIONS LEAGUE

Celtic gets rude welcome at Barça

Lionel Messi’s first goal of the Champions League season took three minutes. Edinson Cavani needed just 44 seconds for Paris Saint-Germain. Manchester City never got the chance to start.

Messi’s fast start was the first of a hat trick in Barcelona’s 7-0 rout of Celtic, and fellow superstar forwards Neymar and Luis Suarez also scored. Celtic had a penalty saved when trailing 1-0 midway through the first half.

“It didn’t matter who we had in front us, I remember a beauty and precision that was of another class. Against that, rivals can do very little,” Barcelona coach Luis Enrique said. “It was a great way to make our entrance to the competition.”

Cavani’s even faster strike was the end of PSG’s scoring in Paris against Arsenal, and Alexis Sanchez’s late equalizer earned a 1-1 draw.

Barcelona goal-scorers Lionel Messi and Neymar. GETTY IMAGES

RESULTS

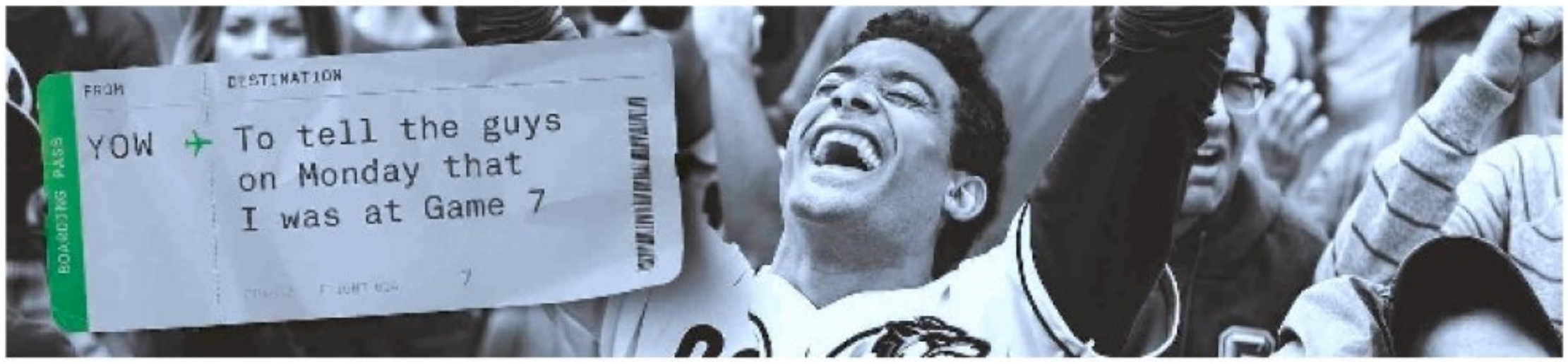
- **Bayern 5,** FC Rostov 0
- **Barcelona 7,** Celtic 0
- Benfica 1, Besiktas 1
- Dynamo Kyiv 1, **Napoli 2**
- FC Basel 1, Ludogorets 1
- PSV 0, **Atletico Madrid 1**
- Paris SG 1, Arsenal 1
- Man City-Monchengladbach*

*Postponed

Heavy rain in Manchester forced City’s game against Borussia Monchengladbach to be called off 20 minutes before kickoff.

Coach Pep Guardiola’s team will try again on Wednesday evening.

Bayern Munich, Guardiola’s former team, managed just fine under new coach Carlo Ancelotti. Russia’s Champions League newcomer Rostov was soundly beaten 5-0 in Munich. THE ASSOCIATED PRESS



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RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunchy textures and satisfying flavours makes this restaurant copycat come to life at home.

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

Directions

1. Fill a skillet with water and season with salt and pepper. Bring to a simmer. Place chicken breasts in the water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove meat from skillet and place on a clean plate. Use two forks to shred the chicken.

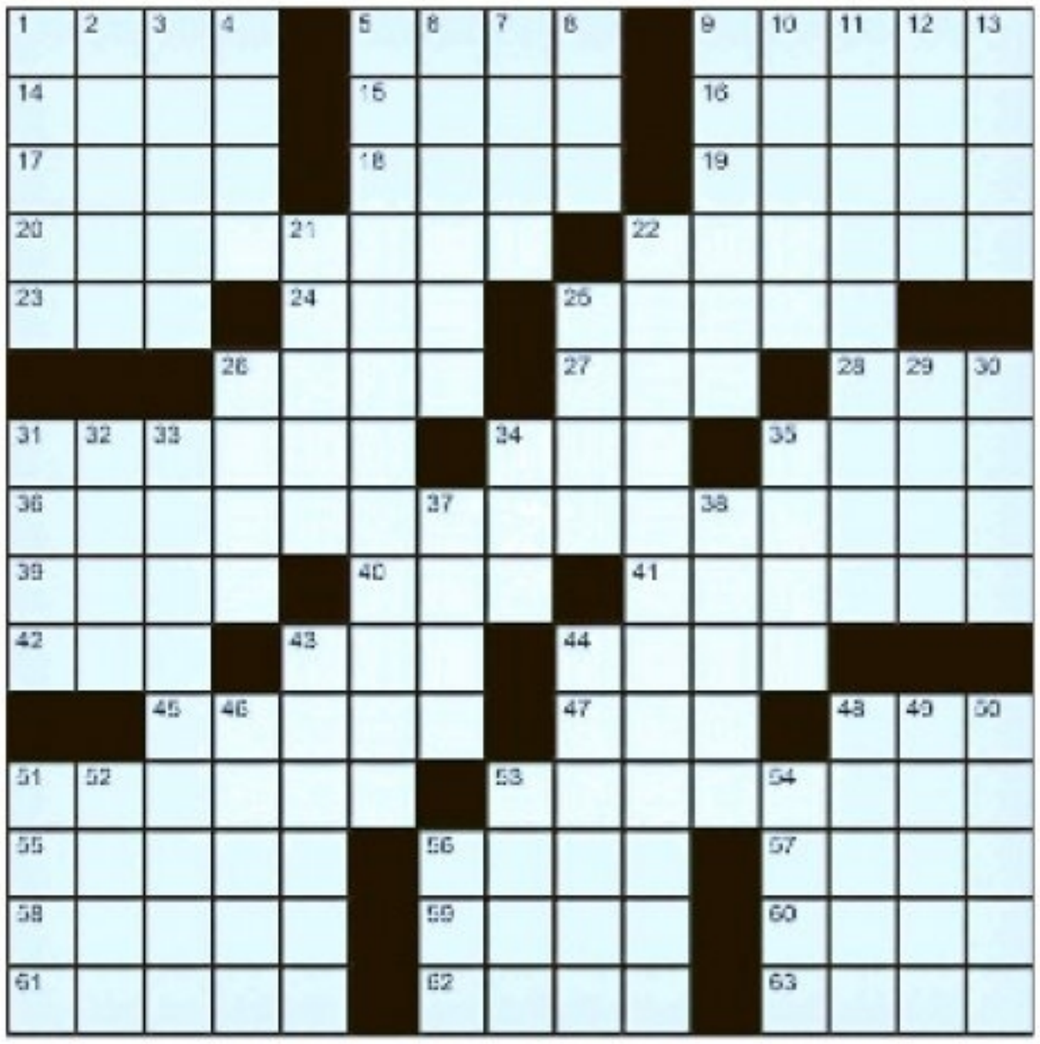
2. In a small bowl, whisk together the dressing ingredients

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Red Hot Chili Peppers song: _ Tissue
5. Health food berry
9. Singer/guitarist Colin
14. Alan _ Jr. (Skipper on Gilligan's Island)
15. Uma's The Producers (2005) character
16. "What _ _ to do then?"
17. "Mr. Holland's _" (1995)
18. New Mexico's artist colony
19. "I wouldn't _ _..." (Craver's comment-starter)
20. Top-connected-to-bottom outfit
22. Public park flapper
23. "_ magic!"
24. "I'm not quite sure..."
25. Cloudless in the daytime sky
26. Microscope piece
27. Ms. Schumer
28. "El _" (1961)
31. Real
34. Point
35. Sunburn soother
36. Early Paul Anka hit: 4 wds.
39. Neutral hue
40. Belonging to Irish writer George William Russell's pen name
41. Flip over the Closed sign
42. Rush (2013) director Mr. Howard
43. Midianite royal
44. Piece of cake
45. In theatres Sept. 23 ... The Magnificent _ (2016)
47. I Will Follow _ by Little Peggy March
48. "Eureka!"
51. Metric milk measures
53. Put the old papers in the blue box
55. Birdlike
56. Central _ ("Friends" hangout)
57. Mr. Driver of movies
58. Waltz, in Paris
59. Station, in Sherbrooke
60. Matthew the Apostle
61. Curl the lips
62. _ acetate (Banana oil)
63. Fuss

DOWN
1. Japanese decor screen
2. Head, in Latin
3. Grads
4. Aretha Franklin... _-_-_-E-C-T / Find out what it means to me.
5. Soon they'll be dazzling the trees: 2 wds.
6. Small _ Court
7. Frequently: 2 wds.
8. '_' _ in Ingersoll
9. Martin Short's talk show host character Mr. Glick
10. _ _ of the Times by Petula Clark
11. Bills fastener: 2 wds.
12. 'Within'-meaning prefix
13. Mr. Connery
21. Cut
22. Bread selection
25. Expressed
26. Beach feast
29. Ms. Skye of Say Anything... (1989)
30. Agyness _ (British fashion model)
31. Yesterday, in Yucatan
32. Fashion's Ms. Chanel
33. Subway passageway
34. Baseball great Mr. Cobb's
35. Above
37. Chow _
38. Sordid
43. Fairly fifty-fifty
44. 1962: The 4 Seasons title song lady
46. Nullify
48. Variety of tree
49. 1, 2, 3... Lift!
50. Fess up
51. Loos
52. Leo Tolstoy's The Death of _ Ilych
53. Stack of paper
54. Herd baby
56. 'Green/tee' gr.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to schmooze with friends and enjoy the company of others. However, it's a poor day to agree to anything important. Remember this for your own benefit.

Taurus April 21 - May 21
Do not volunteer for anything today or make an important commitment, especially with your boss or an authority figure in your life. Wait until tomorrow to do this.

Gemini May 22 - June 21
Travel will be loosey-goosey today. If you are thinking of making travel plans for the future, this is a poor day to make plans. Likewise, it's a poor day for important decisions about medicine and the law.

Cancer June 22 - July 23
If you are trying to collect a debt or settle a dispute about inheritances and shared property, postpone this for another day. Whatever you initiate today will come to nothing.

Leo July 24 - Aug. 23
The Moon is opposite your sign today, which means you have to go more than halfway when dealing with others. Be ready to accommodate them, but agree to nothing important.

Virgo Aug. 24 - Sept. 23
Just accept the fact that this is an errorprone day at work. Go with the flow and don't be on anyone's case. Chill out.

Libra Sept. 24 - Oct. 23
This is a highly creative day for you. If you work in the arts or in any creative field, you will be imaginative and original. Enjoy playful times with children.

Scorpio Oct. 24 - Nov. 22
This is a good day to hide at home and just cocoon. Whatever you do, do not make purchases, except for food and gas.

Sagittarius Nov. 23 - Dec. 21
This is a casual, conversational day. Enjoy the company of others, especially siblings and relatives. However, agree to nothing important.

Capricorn Dec. 22 - Jan. 20
Postpone all financial decisions for another day. If shopping, keep your receipts, but ideally, only spend your money today on food and gas.

Aquarius Jan. 21 - Feb. 19
For most of this day, the Moon is in your sign, but it is working at a disadvantage. This means you should be careful about impulsive decisions. Think twice.

Pisces
Feb. 20 - March 20
Research of any kind will go well today because your mind is open to searching in new directions. However, postpone important decisions until tomorrow or later in the week.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9	2				3	
	6	8	3		7			9
	3	7	8			6		
		5			6	1	8	
3			5		1	9	6	
	1				2	5		
		6						

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	7	1	4	9	3	5	2	6
2	9	6	5	1	8	3	4	7
4	3	5	2	6	7	9	1	8
7	8	3	9	4	5	2	6	1
5	4	2	6	8	1	7	3	9
6	1	9	7	3	2	4	8	5
9	2	4	8	5	6	1	7	3
3	5	8	1	7	4	6	9	2
1	6	7	3	2	9	8	5	4

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Ultimate model shown♦

THE ALL-NEW 2017 ELANTRA GL AUTO

2016 IIHS TOP SAFETY PICK+ WITH OPTIONAL FRONT CRASH PREVENTION. APPLIES ONLY TO SEDANS. APPLIES ONLY TO VEHICLES BUILT AFTER MARCH 2016.

LEASE FOR ONLY **$59** WEEKLY | AT **0%**◊ WITH $0 DOWN | FOR **24** MONTHS

ELANTRA DELIVERS MORE THAN THE COMPETITION. THAT'S THE HYUNDAI ADVANTAGE.

	WARRANTY††	HEATED FRONT SEATS	HEATED STEERING WHEEL	TOUCH-SCREEN
	5YR			7"
✗	CIVIC LX MAZDA3 GX COROLLA S	MAZDA3 GX	CIVIC LX MAZDA3 GX COROLLA S	COROLLA S

2017 TUCSON 2.0L FWD

Ultimate model shown♦

GET MORE THAN THE COMPETITION. GET INTO A TUCSON.

	WARRANTY††	FOG LIGHTS	LED DAYTIME RUNNING LIGHTS	HEATED FRONT SEATS
	5YR			
✗	ESCAPE S ROGUE S CRV LX RAV4 LE	ESCAPE S ROGUE S CRV LX RAV4 LE	ESCAPE S CRV LX RAV4 LE	ESCAPE S ROGUE S RAV4 LE

LEASE FOR ONLY **$68** WEEKLY | AT **0.9%**◊ FOR 60 MONTHS WITH $0 DOWN

2017 SANTA FE SPORT

Ultimate model shown♦

7 PASSENGER SEATING — ALSO AVAILABLE IN 6 AND 7-PASSENGER XL MODEL

THINK THE COMPETITION GIVES YOU MORE THAN SANTA FE SPORT? THINK AGAIN.

	WARRANTY††	HEATED FRONT SEATS	17" ALLOY WHEEL	MAX. CARGO VOLUME
	5YR			3,058L
✗	ESCAPE S CRV LX EQUINOX LS ROGUE S	ESCAPE S CX-5 GX EQUINOX LS ROGUE S	ESCAPE S CRV LX CX-5 GX ROGUE S	ESCAPE S CRV LX EQUINOX LS ROGUE S

GET UP TO **$4,000** IN CASH PRICE ADJUSTMENTS◊ AMOUNT AVAILABLE ON THE ULTIMATE TRIM

5-year/100,000 km Comprehensive Limited Warranty††

5-year/100,000 km Powertrain Warranty

5 YEAR WARRANTY

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

Dealers may charge additional fees for administration of up to $499. Charges may vary by Dealer.

H-Factor

THIS IS HOW WE DO IT.

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®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. ▽Ottawa favourite brand statement based on January to December 2015 Polk sales report of Hyundai vehicles in competing segments. Claims based on Autoplanner specification comparison as of July 20, 2016. Vehicle class defined by Global Automakers of Canada segmentation for the Sub Compact Car, Compact Car and Compact SUV segments. ΩCash price adjustments of up to $4,000 available on 2017 Santa Fe Sport Ultimate models on cash purchases only. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ◊Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2017 Tucson 2.0L FWD with an annual lease rate of 0%/0.9%. Weekly lease payment of $59/$68 for a 24/60-month walk-away lease. Down payment of $0/$0 and first monthly payment required. Total lease obligation is $6,136/$17,680. Lease offers include Delivery and Destination charges of $1,695/$1,795, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. $0 security deposit on all models. 16,000 km allowance per year applies. Additional charge of $0.12/km. ♦Prices of models shown: 2017 Elantra Ultimate/2017 Tucson 1.6T Ultimate AWD/2017 Santa Fe Sport 2.0T Ultimate are $30,627/$40,527/$46,627. Prices include Delivery and Destination charges of $1,695/$1,795/$1,895, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩΩ♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.